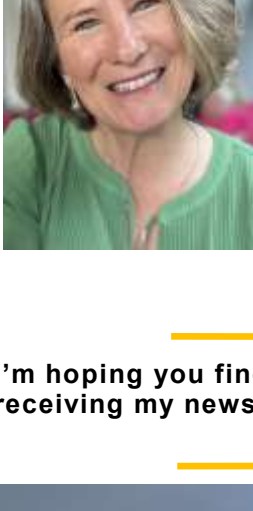




Welcome Back to Lughnasadh



Hi everyone I'm a little later than usual getting out my Lughnasadh newsletter with lots of life activities calling on my time! I hope you are enjoying the beginning of August and can find time to sit out with your cuppa and enjoy a browse of my newsletter where hopefully you will find some offering or resource of interest.

A special welcome to the first time recipients of my newsletter!

The 1st of August marks the Celtic festival of Lughnasadh, which celebrates the first fruits and anticipates the harvest to come. Hopefully, after having some rest over the summer season or in the coming weeks of August, we will then begin to reap what we have sown in spring. It is a good time to harvest our personal growth throughout the year, and to rejoice in what has grown and developed.

I'm hoping you find this information useful but if at any stage you want to take a break from receiving my newsletter, just [click here](#) or reply to this email with "Newsletter Opt Out".



Personal Achievement

In the last couple of weeks I've managed push ups!! I'm 56 and I started weight training 3 years ago. I was an absolute beginner and totally gym adverse, but I wanted to develop my strength and stamina as I aged, so I persevered.

While my BMI is not where the experts would say it should be, I've made a decision not to make any specific weight loss goals. For me what's important is what my body can do, not what the scales tells me. A couple of months ago I decided to set a new very specific goal. I could not remember how many years it had been since I could do a push up - so that was the challenge!

Two months of doing various versions of modified push ups twice a week, and out of the blue the push up just happened without me planning it! I'm not perfect at it but I'm continuing to practice and I'm over the moon!



My Message:

When setting goals they don't have to be big life changing ones and they shouldn't be swiping aspirations like - get the promotion, get fit, read more etc

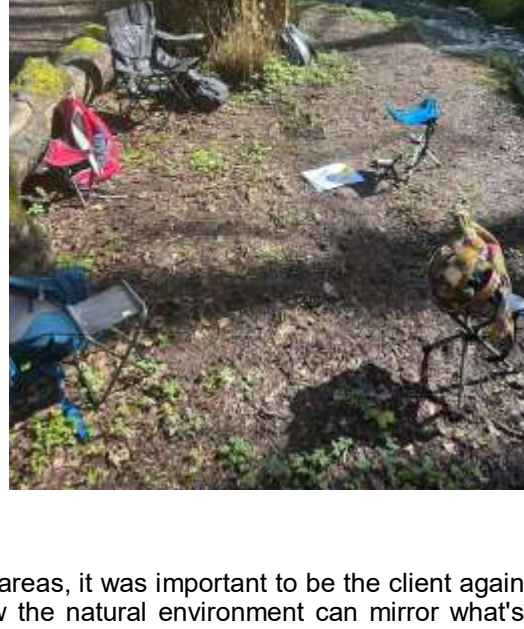
Pick a very focused, measurable, achievable goal that does not rely on anyone's input but your own. Be mindful of your own intrinsic value regardless of the goal, the struggle or the outcome.

If you achieve your goal allow yourself to enjoy the natural dopamine hit and the pure joy of expanding your personal capacity.

Upcoming CPD Offerings

In Person 3 Day Ecotherapy Workshop

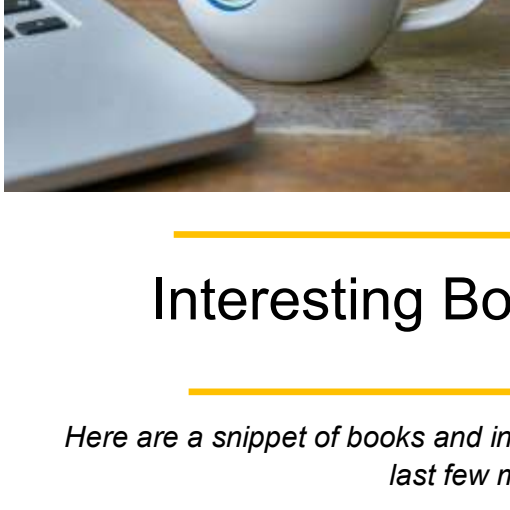
My next 3-day Ecotherapy in-person workshop will be held on Friday 25th—Sunday 27th September 2026. This will count for 17hrs CPD and is open to Therapists, Other Professionals from Healthcare, Social Work/Care, Education and Community Support. We will cover a vast area of theory, client vignettes, experiential exercises, practical advice, and much more, all while being immersed in the outdoors in Co Clare. With a max number of 8 participants the fee is €400 for the 3 days and this includes tea/ coffee scones on arrival, snacks, and lunch on the final day. Any past participants from my 3 day online version of this training will get a 20% discount if they would like to join in-person.



Express an interest via this form: [Expression of Interest for Summer/Autumn Ecotherapy Workshops – Fill in form](#)

Here's some feedback from the last in person workshop:

- 'Thank you for a unique training experience. You covered all areas, it was important to be the client again for me experiencing the process and to be reminded of how the natural environment can mirror what's happening for one at an unconscious level and at the same time supporting us by providing natural pauses and anchors for our nervous systems. Amazing'
- 'I really appreciated being in your therapy space on day 3 and seeing how you bring the natural environment into the room and use it with clients. Hearing the personal responses from your clients was very impactful.'



Date for your Diary – Next Nature Network Café

I'm really enjoying these online get-togethers and was sorry I didn't get to offer one in July. They are a place to meet other likeminded folk and the natural easy seasonal themes help slow us down and take stock of ourselves.

It's a great way for me to meet people from my mailing list that I haven't met before and to keep connected to those who have previously attended my workshops. The cafés are Free to join and my next 1 hour online café will be held on Monday the **17th of August** at 7.30pm. Emails and zoom links will be sent in advance with an open invitation to join. See more about my 15th cafe below in the 'What I've been up to'

Interesting Books, Podcasts & Articles

Here are a snippet of books and interesting resources that I've read or listened to over the last few months. I hope you enjoy them



'The Vegetarian' by Han Kang

I recently read "The Vegetarian" by South Korean Nobel and Booker prize winning author, Han Kang. Patriarchy, misogyny, violence, mental health, and consequences of stepping out of the social norms are explored in a truly thought provoking way. I found this to be an haunting and emotive book.

Emphasising the lack of agency of the central character, Yeong-hye, her story is narrated through the eyes of three others in her life, her husband, brother-in-law and sister. Sadness, unfulfilled lives, unmet needs and the effects of trauma is evident throughout, although manifesting in different ways in the different characters. While written in South Korea in 2007 all the themes are still very relevant to the Western world today. My mind was a whirl of thoughts when I finished reading but I'll just mention a couple of aspects here.

As we increasingly consider rights based approaches to mental health, and actually start listening to the voices and behaviours of those struggling, we now know that what sometimes appears unusual, may in fact be an innate move towards healing, wholeness or survival.

I was really struck by the author's treatment of Nature. This book offers a truly unique account of Nature as sensual, erotic and a safe embrace that Yeoung-hye and other characters, have a deep longing to come home to, or lose themselves in.

A truly remarkable book unlike anything I have read before.

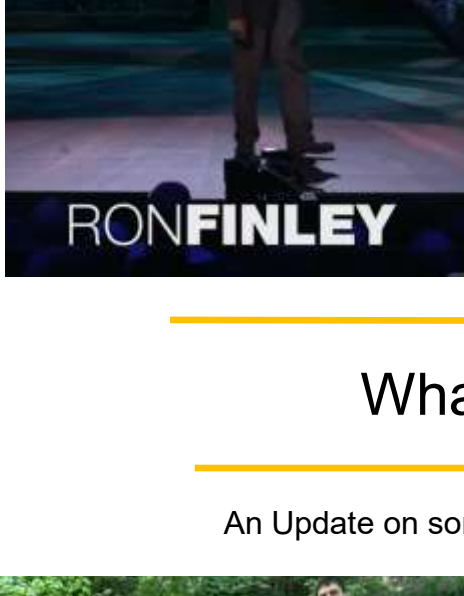
Wired for Hope – Nature and Health Podcast

Part 1: <https://open.spotify.com/episode/1jIT4kS8ZHk9yBGJ3HNm8np>

Part 2: <https://open.spotify.com/episode/7dSqPzTH2ioqYisWIDW7pz>



I recently came across the Wired for Hope podcast by Dr Jessica Barton. An interview with a with someone on this mailing list caught my attention. UK based Consultant Clinical Neuropsychologist and co-founder of 'Neuro in Nature' Dr Mary Delaney is interviewed on the podcast in two very easy to listen to 30 minute episodes. Mary talks about our reciprocal relationship with the rest of Nature and gives plenty of ideas on how to connect more with the natural world more in our daily lives. She also discusses her experience of combining her Forest Bathing knowledge and therapy skills to develop the social enterprise 'Neuro in Nature' which supports people with Neurological conditions through outdoor interventions. Great job Mary!



TED Talk : A Guerilla Gardener in South Central LA | Ron Finley

This great ten minute TED talk was recorded in 2013 but is still highly relevant as Ron describes his activism in food production.

Ron Finley plants vegetable gardens in South Central LA -- in abandoned lots, traffic medians, along the curbs. Why? For fun, for defiance, for beauty and to offer some alternative to fast food in a community where "the drive-thrus are killing more people than the drive-bys."

https://www.youtube.com/watch?v=EzZzZ_qpZ4w

What I've Been Up To

An Update on some of my activities over the past 3 months,



Ennistymon River Fest

In May, my local river restoration group, Restore Ballymacraven River Association, held their second annual River Festival in Ennistymon. It was a celebration of our river through walks, talks, music, bats, trees, crafts and kayaking!

I was invited to facilitate a 90-minute Nature Connection session. Used to longer workshops, I wondered how much could unfold in such a short space. As always, Nature did the work.

With a few gentle invitations, simple ritual and respect for place, the rest took care of itself. We slowed down, quietly noticed, engaged the senses, and remembered childhood moments in nature. Something deep registered for many of us.

Realisations were made about our tendency to just walk 'through' and not notice or feel part of the rest of nature. Phones, headsets and life stresses can keep us disconnected from nature which can be seen as just a backdrop to life or somewhere to go to on holidays!

Interestingly an ecologist in the group, used to studying the environment, noticed her joy in simply being present, without feeling she needed to measure or identify anything.

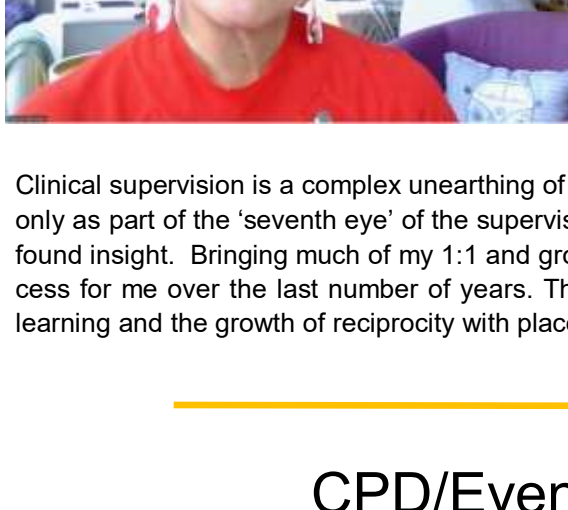
When we reconnect with the rest of nature, busy minds soften and something in the soul rests. Here's a gentle invitation for you too. Step outside, unplug for a while, and spend quality time remembering that we are part of nature, not separate from it.

Nature Network Café 15

I really enjoy the community of people who attend my free online bimonthly 'Nature Network Cafés'. There is always such richness in the groups.

In May we welcomed Bealtaine. I invited everyone to step away from their screens 'briefly', to go outside and see what seasonal 'other' they were drawn to. In just taking a few minutes pause, the group had joyful encounters with Swallows, Swifts and several different flowers of May.

At the end of a busy day we all found ease and connection in the more-than-human and each other.



Center of Nature Informed Therapy Webinar

It's always a pleasure to collaborate with organisations with aligned values. The Center for Nature Informed Therapy, Maryland USA is such an organisation. Founded by researcher and practitioner Dr. Heidi Schreiber-Pan, I was delighted when she reached out to me to present an online 'Lunch and Learn' session for their members. With few practitioners writing and presenting on their experience of Eco/Outdoor Supervision, this was the topic Heidi invited me to discuss.

Clinical supervision is a complex unearthing of processes and relationships. Including the wider ecosystem not only as part of the 'seventh eye' of the supervision model, but also as part of the whole process can bring profound insight. Bringing much of my 1:1 and group supervision outdoors, has been a fascinating and joyful process for me over the last number of years. Therefore, I'm always happy to reflect on the depth of embodied learning and the growth of reciprocity with place, when we take this work outdoors.

CPD/Events I've Attended

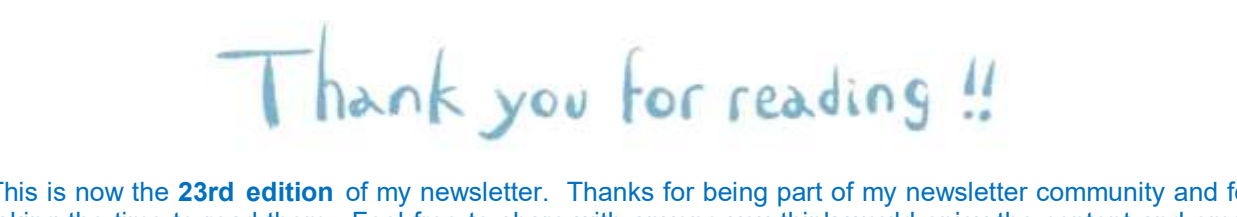
An Update on some of the workshops and events I've attended

Nature Connections Conference Derby

As you know, have been following the work of Miles Richardson, David Sheffield and the Nature Connections research team at the University of Derby for a number of years now. In July I was delighted to attend their annual conference.

The day was filled with interesting keynotes, short presentations and workshops from researchers, practitioners and organisations working with, and for the rest of nature. Interested in Ecopsychology, I particularly enjoyed a workshop facilitated by on our Sense of Belonging in landscapes, and another on our Sense of Wholeness in relationship with the rest of nature.

Aside from the official learning channels:I thoroughly enjoyed connecting with new people and hearing about their ecologically informed work. Reconnecting with fellow Ecotherapist and friend Chiara Fortina Santin. Spending time with my past supervisee and pal Laura Timoney, and supporting her as she presented findings of one of her nature based interventions in Mayo.



Thank you for reading !!

